



ZUMBA with OBEY 1



Zumba with OBEY 1 combines high energy and motivating music with unique moves and intense combinations that allow the participants to dance away their worries. It is based on the principle that a workout should be 'FUN AND EASY TO DO' in order for participants to stick to the fitness program to achieve long-term health benefits. Zumba is not only great for the body, but it is also great for the mind. It is a 'feel happy' workout.

Ages: 18 & up

Dates: On-going

Day/Time: Saturdays, 9:00 AM to 10:00 AM

Fee: \$7/visit or \$35 for a 5-visit pass

Online Registration: www.fortlauderdale.gov/webreg

Visa and MasterCard are the preferred method of payment.



FOR MORE INFORMATION HOLIDAY PARK

1150 G. Harold Martin Drive
Fort Lauderdale, Florida 33304

(954) 828-5383

www.fortlauderdale.gov/life



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